

For Your Health

Brought to you by UnitedHealthcare and Get Fit, Rhode Island

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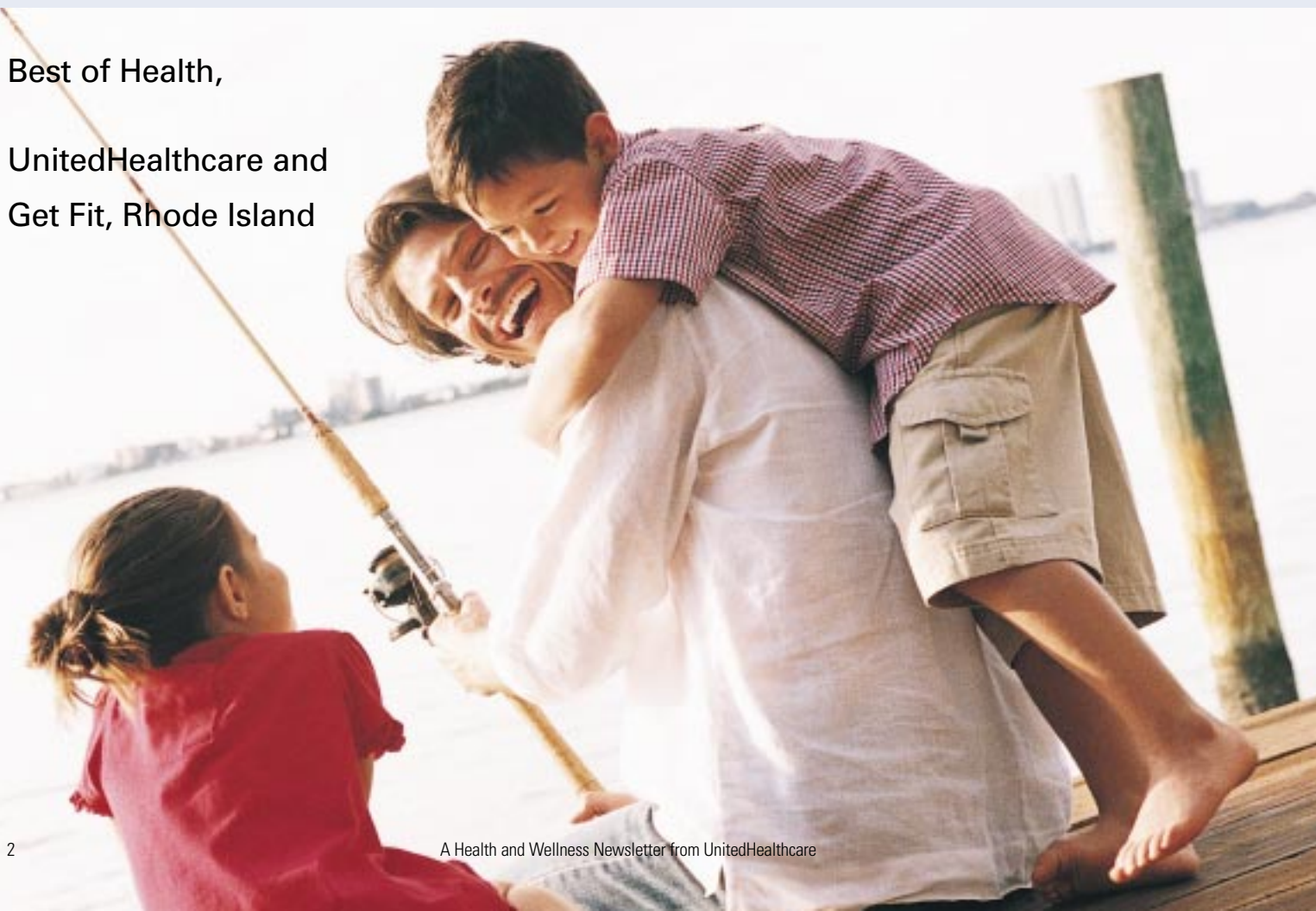


Welcome to For Your Health!

Welcome to **For Your Health**, a wellness newsletter for State of Rhode Island employees. This newsletter will feature educational articles on health issues and benefit information. **For Your Health** also will highlight valuable tools and resources to help you and your family improve your overall health and well-being. We are hoping that this newsletter will increase your knowledge and understanding of the many programs and benefits available to you as a UnitedHealthcare member.

Best of Health,

UnitedHealthcare and
Get Fit, Rhode Island



NurseLineSM
1-866-202-0434

Live Nurse Chat

Finding reliable health and well-being information over the Internet can be challenging. But with live nurse chat services, you can have a one-to-one online discussion with a registered nurse and get the trusted information you want—all from your own computer. And, this service is available any time you need it—24 hours every day.

It's Convenient...

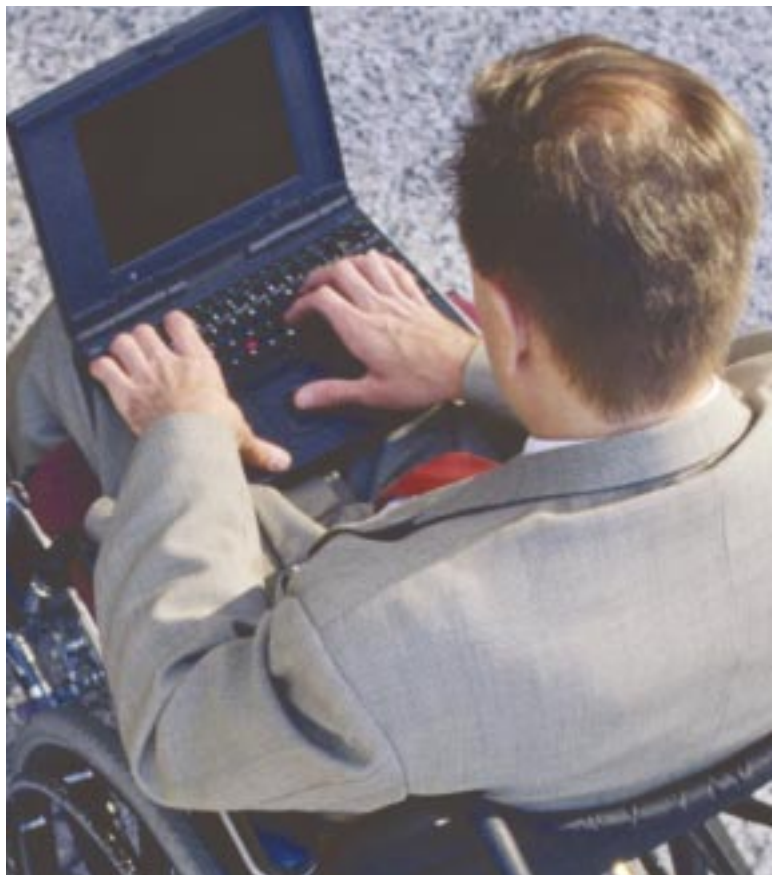
Live nurse chats are a fast, easy way to get answers to your health questions. You can have a live discussion, one-to-one, with a nurse about various health and wellness issues. Learn more about fitness, nutrition, common illnesses and conditions, prevention tips, and much more.

During your chat, the nurse can display Web pages and suggest other helpful resources related to the topic you're discussing. At the end of your session, you can request a transcript of the conversation and displayed Web pages for future reference.

Keep in mind, nurses participating in your live chat session cannot address symptoms. If you have any symptoms that concern you, call **NurseLineSM** or your doctor.

...and Private

Live nurse chat sessions are securely operated, with access granted only to you and the nurse. Your chat will be personal and anonymous. If you have questions about your privacy, feel free to ask the nurse about them, in addition to reviewing the privacy policy, before you start your session.



Using Live Nurse Chat

It's easy to log on and chat with a nurse. To begin your session:

- Click the "Live Nurse Chat" link on **myuhc.com[®]**
- Provide a screen name for the nurse to use during your chat.
- Enter your age and gender.
- Select "Continue" if you accept the Terms and Conditions to chat with a nurse.

You then will be connected with a nurse who can help answer your health questions. It's that simple!

Even More Valuable Resources

Remember, along with live nurse chats, you have access to registered nurses over the phone. Just call the toll-free number listed below and you can speak with a nurse about a wide range of health topics. Nurses are available 24 hours every day to help you.

Audio Health Information Library

When you call NurseLineSM, you can speak with a registered nurse who can answer your health questions. Sometimes, you may not be sure what to ask the nurse. That's the perfect time to call the audio Health Information Library.

The Health Information Library offers more than 1,100 recorded health and well-being messages. And, it's so easy to use:

- Call NurseLine at 1-866-202-0434
- Press **2** to reach the library
- Enter PIN 857
- Enter 4-digit category number.

You may also view all 1,100 audio tape category numbers on www.myuhc.com.

This is just a sample of the many topics available.

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Take Action to Control Your High Blood Pressure

When you know that you have high blood pressure, it's important to do all you can to keep it under control. Although you may not feel the symptoms from day to day, it can take a toll on your health.

The good news is that there are steps you can take to lower your high blood pressure. That translates into better health today—and in the future. These tips can help:

Lose weight if necessary.

Losing extra pounds can make a difference. For some people, weight loss may be all that's needed to lower blood pressure. For others, losing weight may reduce the amount of medication needed to manage high blood pressure. Take it one step at a time, reducing fats as well as overall calories. Can't resist desserts? Take a half-portion. Adding more fiber and vegetables to your diet will help you feel full. Talk with your doctor about strategies for losing weight and staying healthy.

Be physically active.

Exercise goes hand in hand with losing weight. However, even if your weight is on target you still need regular physical activity. In addition to lowering your blood pressure, it makes you feel and look better. An exercise plan also can help reduce your risk of heart attack and other health concerns. Biking, running and swimming are great options. Walking also is excellent exercise and offers lots of health benefits.

Choose foods low in salt and sodium.

Use less salt when you cook and don't add salt at the table. This might be a hard habit to break. Try sprinkling different spices on foods to add flavor. Once you break the salt habit, you'll find foods really are tastier without it. Read nutrition labels for salt or sodium content. You may be surprised to see high levels in foods you'd never suspect as "salty."

Limit your alcohol intake.

If you don't drink, it's best not to start. If you drink, limit your alcohol intake to no more than one or two drinks a day. Talk with your doctor about the effect of alcohol on your blood pressure, and any possible interactions with your medication.

Take your medication.

If your doctor has prescribed high blood pressure pills, take them as directed. Don't skip them just because you don't feel any symptoms. Pay attention to how your medicine makes you feel. If you have a side effect, such as dizziness, sleepiness or some other problem, don't stop taking your medication—be sure to tell your doctor about it right away. You may be directed to change your dosage, or a different medicine may be recommended.

Call NurselineSM (1-866-202-0434) for more information about high blood pressure, or a wide variety of other health concerns—24 hours every day.

And you can get more health information online—at myuhc.com[®]. Logon to read articles on hundreds of health topics, participate in live chats with health experts and keep track of your own personal health benefits plan.

Blood Pressure Chart

Blood pressure is a measurement that reflects the amount of force exerted by the blood on the artery walls as it's pumped from the heart and through the circulatory system. Because high blood pressure often appears without symptoms, it's important to check your blood pressure every year or as recommended by your doctor -- especially as you get older.

Here's a quick guide for the basic blood pressure categories:

Category	Systolic (mm HG)	Diastolic (mm HG)
Normal	less than 120	less than 80
Prehypertension	120 to 139	80 to 90
Stage 1 hypertension	140 to 159	90 to 99
Stage 2 hypertension	160 or higher	100 or higher

Note: A diagnosis of high blood pressure is based on a series of high blood pressure readings, rather than a single measurement.

To keep your blood pressure in check, make healthy lifestyle choices.

- Eat a diet rich in fruits, vegetables and low-fat dairy products. Limit your intake of total fat, saturated fat and cholesterol.
- If you're overweight, lose the extra pounds. Even 10 pounds may make a big difference.
- Exercise regularly. Get your doctor's OK before beginning a new exercise program.
- Limit your alcohol intake.
- If you smoke, quit.



If you're diagnosed with high blood pressure, follow your treatment plan to help prevent or minimize complications. Sometimes lifestyle modifications are enough. In other cases, medication is needed as well. Log onto www.unitedhealthwellness.com to learn about discounts you may be able to enjoy on blood pressure monitors and other health related goods and services.

Updated 1/27/05

References "Blood pressure and hypertension." Optum. 11/8/04.

<https://www.healthforums.com/library/1,1277,article-4728,00.html> (Viewed 1/25/05).

"The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7)." National High Blood Pressure Education Program, National Institutes of Health. 5/03. <http://www.nhlbi.nih.gov/guidelines/hypertension/index.htm> (Viewed 1/25/05).

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Car Seat Safety

Don't compromise your children's safety—

Buckle your little ones into a car seat for every ride.

The type of car seat your child needs will change as he or she grows:

Infant car seats are for children from birth to 20 lbs. or at least age 1 year. This seat always should be a rear-facing seat.

Convertible car seats can accommodate children from birth through 40 lbs. It can be used for infants as a rear-facing seat. When a child is 20 lbs. or more and age 1 year or older, it can be used as a front-facing seat.

Booster car seats are only for children weighing more than 40 lbs. Choose the type of booster made for the type of seat belts your back seat has—lap or lap-and-shoulder belts. A properly fitting booster seat should allow the shoulder belt to cross the child's shoulder, not the neck. The lap belt should lie flat over the hips, not across the stomach.

Remember these important car seat safety tips:

- Look on the car seat and packaging for the label, "Meets all U.S. federal safety standards for motor vehicles." Do not use look-alike brands without this label.
- Carefully follow the manufacturer's instructions for securing the car seat in place.
- Mail in the registration card so you can be notified in the event of a recall.
- Use car seats in the back seat.
- Do not try to modify your car's seat belt to use in place of a booster seat—such as slipping the shoulder belt behind the child.
- Ask your child's doctor about car safety for children with special needs.

Don't use a car seat if it:

- Was made before 1981—it won't meet today's safety standards
- Was in a car crash
- Is cracked or damaged in any way
- Is missing any parts, no matter how small they may seem
- Does not have an instruction book

Can't afford a car seat?

Many communities have opportunities for parents to get discounts on car seats or to borrow car seats in good condition. To find out what's available in your area, ask your child's doctor or call your local hospital, police department or social services agency.

Questions about car seat safety or recalls? Call the Auto Safety Hotline at 1-800-424-9393.

With myuhc.com®, UnitedHealthcare's innovative consumer Web site, you can access an array of health information that will help you answer important questions.

Nurseline nurses can answer many of your health questions. Call any time—24 hours every day!

NurseLine 1-866-202-0434

TDD/TTY callers, please call the
National Relay Center at 1-800-855-2880
and ask for 1-888-887-4114.

www.myuhc.com

It just makes sense.®



CONTACT INFORMATION

IMPORTANT CONTACT INFORMATION

Where To Go When You Want Information

www.myuhc.com

Personalized tools, information and answers for managing your health care. Logon anytime 24/7 to get important benefit, claim, health information and access to the medical Provider Directory on the Internet when it is convenient for you!

www.liveandworkwell.com

An informative Web site with a behavioral health clinician directory, comprehensive health articles and tools, and more.

www.unitedhealthwellness.com

An exciting portfolio of workplace and online programs to help improve your health and well-being. UnitedHealth Wellness offers access to a broad range of new and existing resources that include information, tools and other services to help you stay healthy.

NurseLineSM

Talk to a Registered Nurse 24 hours, seven days a week and access thousands of topics in the Health Information Library. Please refer to the Customer Service phone number on the back of your ID Card to access this service.

Care CoordinationSM

Refer to the customer service phone number on the back of your ID card.

Address Updates

You could be missing out on important mailings. If you've recently moved or changed addresses, contact your Human Resources Department today.



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UnitedHealth WellnessSM is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations. Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals.

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Health Plan coverage provided by or through United HealthCare of Rhode Island, Inc.